RIPOSO RECIPES.

TWO
COMPLETE
MEATLESS MEALS.

PRICE 2d., by post 2½d.

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MENUS.

A Well-balanced Meatless Dinner.

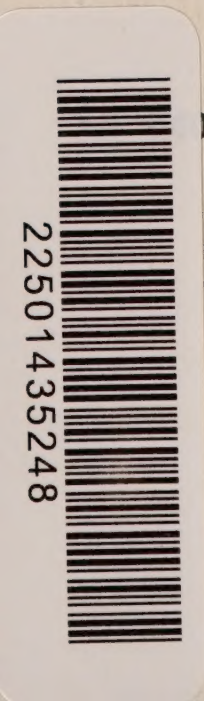
(As served at the Riposo Nature Cure Resort).

Tomato Salmonnaise.

Nut Croquettes.
Peas and Carrots à la Riposo.
Potato Purée.

Gateau de Prunes.

Cheese Straws.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ɔnomical and Nourishing Meal.

Watercress Soup.

Riposo Nomeat Sausages.
Mashed Swedes.
Potato Purée.

Fruit Jelly.

Wellcome Library

A Well-balanced Dinner.

(As served at the Riposo Nature Cure Resort).

Tomato Salmonnaise.

Ingredients :—

2 lbs. tomatoes (or 1 large tin).

3 ozs. cornflour.

1 oz. butter.

5 eggs (hard boiled).

1 teacupful fine white breadcrumbs.

Salt to taste.

Mayonnaise.

Mode :—

Scald and peel the tomatoes and cut in quarters. Stew them gently in the butter for a few minutes, then stir in the cornflour mixed to a smooth cream with a little milk. Cook altogether for 8 or 10 minutes. Chop four of the eggs and add them with breadcrumbs to the tomato mixture. Add salt to taste and "pinch" of sugar. Turn into "border" mould which has just been rinsed with cold water. When cold turn out on to a large, flat dish, and surround and fill in centre with pretty lettuce leaves, Garnish the dish with very small "heaps" of mayonnaise and finish with a sprinkling of mustard and cress and hard boiled yolk of egg which has been put through a fine wire sieve. In winter a well-blanched curly endive takes the place of lettuce.

Nut Croquettes.

Ingredients :—

1 breakfastcupful hazel and cashew nuts.
1 ,, wholemeal breadcrumbs.
1 ,, steamed & mashed potatoes.
2 beaten eggs for mixture.
1 beaten egg for brushing over croquettes.
1 tablespoonful tomato ketchup.
Salt to taste.
Enough milk to mix it into a stiff paste (about 1 tablespoonful).

Mode :—

Put the nuts through nut-mill or mincing machine. Mix all ingredients well together, and then form into rounds with floured hands on a floured board, brushing each over with beaten egg and then toss in breadcrumbs before frying in deep boiling nutter suet.

Peas & Carrots à la Riposo.

Ingredients :—

2 lbs. carrots.
2 oz. nut butter or 1½ oz. nutter.
1 teacupful water.
Salt to taste.
1 breakfastcupful cooked peas.

Mode :—

Wash and scrape (or in winter peel) the carrots and cut in large julienne pieces. Wash thoroughly again, put on to cook with the butter and water. Stew for 1½ hours, when there should be some juice left over. This can be thickened with a very little flour or cornflour. Add the cooked peas and serve.

Potato Puree.

Ingredients :—

2 lbs. potatoes.

1 oz. butter.

Milk.

Salt to taste.

Mode :—

After steaming potatoes rub them through a wire sieve. Put in a saucepan with the butter and stir and beat in as much milk as necessary to make nice "puree." Serve hot.

Gateau de Prunes.

Ingredients :—

1½ lbs. prunes.

2¼ oz. sugar.

¼ oz. agar-agar.

Rind and juice of 1½ lemons.

A few drops of cochineal to colour if desired.

×quart

Mode :—

Soak agar-agar in cold water for 12 hours. Wash and soak prunes for some hours, then put them on to cook in the water in which they were soaked, (enough water so that 1 pt. juice remains over). Add sugar, lemon rind and juice and stew till tender. Chop the prunes very fine after removing the stones. Throw away the water in which the agar-agar was soaked and put it on to boil with the pint of prune juice until dissolved. Strain the agar-agar on to the chopped prunes and mix well. Add a few drops of cochineal, if desired, to improve colour, and turn into mould which has been rinsed with cold water. Leave till cold, turn out and serve with cream or custard.

Cheese Straws.

Ingredients :—

8 oz. flour.

5 oz. nutter.

3 oz. grated Gruyère cheese.

3 oz. grated Parmesan cheese.

Pinch of salt.

Mode :—

Put the flour through sieve and rub nutter into it. Mix in grated cheese, and if not moist enough to roll out, add a few drops of cold water. Roll out ¼ inch thick and cut into narrow strips about 4 or 5 inches long, bake in a moderate oven for about ¼ hour. Serve hot or cold on a paper d'oyley.

An Economical Meal.

Watercress Soup.

Ingredients :—

1 lb. potatoes.

2 onions.

1 quart water.

½ oz. butter (not essential).

3 tablespoonfuls watercress chopped fine.

Mode :—

Cook the potatoes and onions in the water and pass through sieve. Return to pan, add butter and salt. When nearly boiling add watercress well washed and chopped. Allow this to boil three minutes and serve. The soup can be made thick or thin according to taste.

Nomeat Sausages.

Ingredients :—

¼lb. red lentils.

1 chopped onion (fry if possible).

2 cooked and grated potatoes.

About two tablespoonfuls breadcrumbs.

Pinch mixed herbs.

1 teaspoonful chopped parsley.

Salt to taste.

Mode :—

Cook lentils in as little water as will keep them from burning, chop onion, and, if any fat is

available, fry, if not, cook it a little with the lentils. Grate or mash potatoes and mix everything together. If lentils have not been "dry" enough add more breadcrumbs. Form into sausages with floured hands on floured board, dip in milk and then roll in dried breadcrumbs. Fry in deep fat.

Potato Puree (See page 5).

Mashed Swedes.

Slice and boil in a little water, letting it evaporate till nearly dry, and rub through sieve.

Fruit Jelly.

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Ingredients :—

3 oz. cornflour.
1 quart fruit juice.
¼ oz. butter (not essential).

Mode :—

Make fruit juice by boiling 1 lb. damsons with sufficient sugar and water to make a quart of juice. Strain through sieve, getting as much through as possible. Any fruit or a mixture can be used. Some fruit juice is greatly improved by adding a few drops of lemon. Put juice on to boil, keeping back ½ gill with which to mix the cornflour. When it boils pour it slowly over the cornflour, stirring rapidly all the time. Return to pan and cook for about 5 to 10 minutes, adding sugar to taste. Have ready some china moulds or pudding basins and rinse out with cold water. Pour jelly in and stand in cold place overnight. Serve with cream or cold custard sauce.